

February 24, 2019

## Mental/Emotional Preparedness

### Attitude

The very most important thing in a crisis may be attitude. Grit, stamina, accomplishment, perseverance, tenacity, kindness, compassion, faith, and endurance are all borne of attitude. These will all help you in a crisis of any kind, and they all originate from how you choose to position your thoughts and then actions.

Have you ever noticed how positive our Church leaders are? This is consistent with the encouragement the Lord Himself would give. This is the best model for us.

Did you know that different emotions carry different amounts of energy? Energy is vital in taking care of self and family in a crisis. Negative energy from self or others is like a black hole because its negative pull will take energy from others without it benefitting the negative person. Negative attitude and energy are counter-productive to problem-solving, and a lot of wrong decisions and choices are borne of low-energy-level thinking. I know from personal experience that the Holy Ghost will leave when I choose to entertain negative emotions and thoughts. That spirit will not stay in an environment of sarcasm, cynicism, criticism, skepticism, anger, or self-pity. I want the guidance of the Holy Ghost and the Savior in my life at all times, but in the event that I am going through trials I would especially want the comfort, guidance, witness, and strength His Spirit brings. Now is the time to work on attitude for yourself and within your family so that you have it right when the need arises.

## 10 Ways to Cultivate a Healthy Attitude

1. Choose happiness. Have you ever noticed that often you can choose how you see things?
2. Focus time on things that are uplifting. The 13<sup>th</sup> Article of Faith is a perfect guide for this. If you can delete things that don't fit this standard it's easier to be cheerful.
3. Be a problem solver, rather than a problem reporter. Think and talk about ways to make something better rather than collecting a list of problems themselves.
4. Avoid being critical of other people and situations you cannot or should not change. Criticizing is judging, and it breeds negativity. It's wrong to try to change another person to be what you want. It violates agency. Even God has great respect for agency.
5. Use the gifts of repentance and forgiveness. The lack of either poisons the spirit.
6. Notice positives. Play Pollyanna's "glad game." Studies show that positive attitudes and behaviors engender cooperation and unity, improve performance, attract friends, and foster better health and well-being.
7. Do kind deeds and speak kind words. This will not only help you, but it will lift and help others. Modern psychologists have found that the things you say to others often affect your body and brain as if they were said to you. They also claim that it takes 10 positive comments to counteract 1 negative one. As for kind deeds, it is a fact that those who recover fastest in a crisis are those who serve and lift others.
8. Live in a spirit of gratitude. Gratitude is actually a high-level emotion that can radiate energy to others and change you. Is it any wonder that the scriptures tell us to "Thank the Lord thy God in all things"?
9. Be prepared. It will be much easier to feel confident and positive if you are prepared for the future.
10. Feed yourself spiritually. A healthy spirit helps strengthen mental and emotional health.

## Face to Face

People need other people. Technology is awesome with all the information and communication at our fingertips. However, there is a growing concern that with the technology boom there has been a steep rise in depression and anxiety. Consider how serious this problem could be if we had a crisis that took away all electricity for an extended period of time. This is an extreme possibility in our current environment. Spend more time face to face, talking and listening.

## You Can Do Hard Things

A few years ago there was a motto in circulation, “I can do hard things.” I grew up with a mother who believed in this principle. When we were old enough to walk she scrubbed our legs and knees in the bath tub with the story of *The Little Engine That Could*. She’d start at our toes with a soapy wash rag as the train, and chug up our shin to our bent knee chanting, “I think I can. I think I can.” As we grew older she often told us, “A can’t is a slugger too lazy to try.”

Since I have reached adulthood I have found that there are some things I really can’t do alone. I need others to help me. I have also learned that if I humbly ask the Lord for help in a righteous endeavor and then put forth a full effort, He will make up what I lack. The result may not be what I planned, but it will be enough. Now my motto goes like this, “I can do hard things, and in the strength of the Lord I can do all things.” Remember that life is so much better and sweeter, even in trials, if you have the Lord by your side.

## Learning to Cope With Emotions

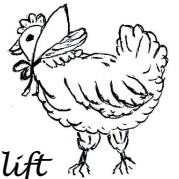
One of the biggest things that feeds modern addictions and abuse is the inability to cope with emotions or feelings. In past decades many families did not recognize or address emotions. Children were expected to bottle up feelings, or boys were expected to “man up” rather than show emotion. It is healthier to identify emotions and learn appropriate ways to cope with them. Holding them inside or reacting in negative ways are destructive

responses. Recognizing and appropriately dealing with emotions is a valuable thing to teach children. It may also be wise to get counseling or professional help when a person does not know how to appropriately deal with emotions. The stress of a crisis can magnify inability to cope.

## Vitamins and Medications

Sometimes people have mental, emotional, or psychological challenges that require extra assistance. Vitamin deficiencies, chemical imbalances, or other problems can cause these difficulties. It is wise to get the needed help and keep on top of this kind of problem if you or loved ones have it. It is also wise to store extra supplies for this if you need them. A crisis is not a good time to try to do without these things if they are needed. At least a three-month supply is recommended. \*Some people do choose to store a good multi-vitamin, but you need to be sure that you keep these fresh and rotated if you choose to do this.

### Notes from Red Hen



Dear Cousin Speckle,

*I used to be rather critical of all the animals on our farm who didn't want to lift a leg to help themselves. However, I thought of the time the chicks and I painted a rainbow on the wall when days were gray and food ran low. We hung bright curtains at the windows and pictures they drew by the basin. I remember we sang and told jokes a lot. We see it as a happy time when we look back. I decided to change my attitude this year, and it's made such a difference. Can you believe that several of the animals have come to the class I offered on growing your own food and we're getting ready to plant when spring comes? Life seems to be so much better even though many things have really not improved.*

*Anxious to hear how you are,*

*— Cousin Red*